

## DEMONTREVILLE RETREAT WEEKEND



St. Ignatius Loyola at his desk

### FRIDAY MORNING

*Prayer before meditations: (for entire retreat)*

**Father, you created me and put me on earth for a purpose.  
Jesus, you died for me and called me to complete your work.  
Holy Spirit, you help me to carry out the work for which I was created and called.  
In your presence and name, Father, Son, and Holy Spirit – I begin my meditation.  
May all my thoughts and inspirations have their origin in you  
And be directed to your Glory.**

Mark Link, S.J.

*Praying with scripture: (for entire retreat)*

**Read passage slowly:** prayerfully, reflectively -- no need to rush over it.  
**Think it over:** reflect on the special words or phrases that struck you.  
**Speak to God:** with gratitude and awareness reflect on your thoughts.  
**Listen to God:** rest in God's presence; open your mind and heart to God.

End with a familiar prayer, like the *Our Father, Glory Be, Hail Mary.*

Main focus is on the "Listening to God" part of the prayer; the first three are preparation

*Focus for today:* Dispositions of open-ness to God and to God's Holy Spirit.

## AN EXERCISE OF GRATITUDE FOR MY LIFE

### **Some Presuppositions:**

- God is present to me at all times, in all places
- God desires what is best for me
- God draws me into friendship with Him and His People
- His love for me is *personal* and expressed in my personal history
- My history is precious to me and to God

### **MY FAMILY:**

- What is my family of origin? My heritage?
- Spouse, children, in-laws
- Brothers, sisters, aunts, uncles
- Our faith, our practices
- Joys and sorrows of my family
- Need for healing or forgiveness

### **MY FRIENDS, ASSOCIATES:**

- People I work with; friends I play with; special friends
- Issues of trust and openness to my friends
- Areas of joy or areas of concern because of my friends

### **PERSONAL QUALITIES**

- What are the things I like about me? That I would like to change?
- List of my gifts and attributes

### **What to do with this:**

- The “bottom line” of an exercise like this is **gratitude to God**
- Express that gratitude explicitly – for what is joy as well as sorrow
- Do this exercise with a pen or pencil
- Rummage around in your mind and heart with these items
- Let **gratitude** be the by-word for these thoughts, reflections
- Try to be as open and aware as you can.